

# BERA JIU-JITSU CLUB



**Classes are appropriate for all abilities of Men, Woman and children, ages six and up.**



## **What is Jiu-Jitsu?**

Jiu-Jitsu is the foundation to all the Japanese Martial Arts. Originally, it was considered to be the exclusive property of Japanese nobility, only to be passed down within families. Those who were fortunate enough to have studied under a Master continued to teach the original form of Jiu-Jitsu. Although many techniques were lost over the years, a great amount were passed down and are still being taught today.

The breakdown of the words, Jiu-Jitsu, gives a clear description of the art that we teach. "Jiu" means gentle, pliable; to submit. "Jitsu" means art or science. This means that Jiu-Jitsu does not rely on an individual's brute strength to perform a technique, but it depends on his understanding of how his mind works and how his body reacts under different conditions.

Among the many forms of fighting, Jiu-Jitsu is probably the most effective means of self defense. This is due primarily to the simplicity of physical movements and the minimal amount of strength that is required to perform a technique. Jiu-Jitsu incorporates both hard techniques (punches and kicks) and soft techniques (nerve centers, throws and submission-type holds such as wrist locks). Every movement in any technique a person may execute in Jiu-Jitsu is within one's own limitations. This is a unique quality found in Jiu-Jitsu.



## **What is the BERA Jiu-Jitsu Club?**

The BERA Jiu-Jitsu Club is a martial arts class open to anyone willing to learn. We welcome any open-minded student looking to share and learn from one another to become better students and better people; this is our mission for all students. We offer a multi-faceted program open to people of all ages and genders. You will not only learn our style of self-defense but you will learn about yourself.

There are aspects of our class that will appeal to all students; some may appreciate the jiu-jitsu grappling, contact, and throws; while others may love the conditioning, the simple confidence brought on by accomplishing something you didn't think you could; or just being able to come to a class and unwind or de-stress from a tough day.

Whatever your reasons, the BERA Jiu-Jitsu club is an open, friendly atmosphere allowing all students to get physically fit, challenge & better themselves, and walk out a bit more confident, focused, determined, and maybe a little more in control of their lives.



**All Classes Are 6:30pm – 7:30pm**  
**Tuesdays – at the Brookhaven Center**  
**Thursdays – at the Gym**



**Classes fees are \$65 a month or  
pay as you go at \$10.00 a class**

**For more information contact Tom Baldwin x4556, Bldg. 452**